

Chapter 4

In-Home Hazards

What is this chapter about?

This chapter will tell you all about the hazards you may face in the employers home. This chapter also covers safety issues that may be present in your employers living area.

Why is this important to you?

This chapter will help you:

- Know how to do a hazard inspection
- Learn what you can do to promote safety issues in your employer's home
- Be informed of areas that you need to be aware of to insure you and the employer are safe.

Lesson 1

Hazard Assessment Housekeeping Issues Sanitation Issues

Lesson 2

Walking Surfaces
Proper Lighting

Lesson 3

Ladder Safety Oxygen Safety Chemical Safety Electrical Safety Fire Safety Firearms Safety



Chapter 4 LESSON 1



Hazard Assessment Housekeeping Issues Sanitation Issues

Part A

This section concentrates on Hazard Assessments



What you will learn in these lessons:

- 1. How to do a hazard inspection in your employer's home
- 2. Areas of specific concern when dealing with hazards in the home.
- 3. How to control the effect of hazards, if they can not be removed
- 4. How good housekeeping promotes safety
- 5. How to use proper sanitation to help prevent illness.

Part B

Housekeeping and the specific areas to be assessed

Part C

Proper sanitation manners to prevent illness



Hazard Assessment

Definitions

A review of your employer's home to discover hazards and potential hazards providing an opportunity to identify and control those hazards

Personal Protective Equipment (PPE)

Equipment or clothing worn to prevent injury or illness from a specific hazard





Chapter 4 Lesson 1 Preview

- 1. What are the advantages of conducting a hazard inspection?
 - a. Eliminate or reduce the hazard
 - b. Provide necessary training and education
 - c. There is no advantage
 - d. A and B
- 2. Personal Protective Equipment should be worn:
 - a. While washing the car
 - b. Every time you enter your employer's home
 - c. When you may be exposed to your employer's blood or body fluids
 - d. While skiing, it keeps you real warm
- 3. You can always get rid of all hazards in your employer's home.

TRUE FALSE

- 4. Good Housekeeping Practices include:
 - a. Keeping a clean and orderly work area
 - b. Vacuuming everyday
 - c. Putting things in their place
 - d. Both a and c
- 5. Poor housekeeping leads to many provider accidents, like falling:

TRUE FALSE

- 6. What is the best way to prevent a cold?
 - a. Wash Hands
 - b. Sanitize toilets
 - c. Eat a healthy diet
 - d. Take Vitamin C
- 7. Mixing bleach and ammonia produces a dangerous gas.

TRUE FALSE



Chapter 4-Lesson 1 HAZARD ASSESSMENT



What is a Hazard Assessment? It is a review of the home you are working in to discover hazards and potential hazards that provides an opportunity to identify and control those hazards. (See Sample at the end of this manual.)

How do you control Hazards? The first solution is to <u>eliminate</u> or <u>remove</u> the hazard. An example might be picking up pet toys to prevent tripping. Lifting is a hazard. Eliminating a lift by using a mechanical aid would also be an example of this kind of hazard control.

The **second solution** is to <u>reduce</u> the hazard. Maybe you cannot get rid of the hazard, but you could look for ways to make it not so bad. For instance you cannot remove a sharp-edged table from your employer's home to prevent a bumping hazard, but you could cover or pad the sharp edges to "soften" them.

The **third solution** is to provide "Personal Protective Equipment" PPE), which is equipment or clothing worn by a person that is designed to prevent injury or illness from a specific hazard. Examples of PPE include safety glasses, gloves, back belts, and protective footwear. This equipment can be purchased at any drug store, medical or safety supply store. Check to see if Medicaid will pay for it.

When you start a new job, review the workplace for hazards and plan for controlling those hazards by eliminating, reducing, and using personal protective equipment.

Look for the following sources of hazards:

- Electrical missing outlet covers, extension cords that are worn or missing insulation.
- ✓ Sharp objects syringes, knives, sharp edges, burred edges on bed frames.
- ✓ Tripping oxygen hoses, telephone and extension cords, toys, pets.
- ✓ **Slipping** ice & snow, spilled liquids.
- ✓ Lifting oxygen tanks, furniture, people.
- ✓ Layout of home path of travel, stairs, location of furniture.
- Chemical cleaning chemicals, medications, oxygen.
- ✓ Fire





HOUSEKEEPING

Good housekeeping is one of the most important factors in maintaining a safe job. Many providers are injured each year because they trip, stumble or step on objects that are in their way. These accidents are often blamed on the worker's carelessness in not looking where they are going. Actually, these accidents are the direct result of poor housekeeping. When you see something lying around that may be a potential risk for a slip, trip, fall or injury, ask your employer if you can put it away or move it to a safer location.



Consider the following

- > Floors, landings, and stairs should be kept free of debris.
- > Keep drawers of dressers, desks and file cabinets closed when not in use.
- > Do not use boxes, chairs, etc., in place of ladders.
- > Keep the floor free of tripping hazards such as telephone cords, electrical extension cords, and paper cartons/boxes.
- Store material on shelves in a manner to prevent falling; place heavy objects on lower shelves.
- > Address unsafe electrical cords, faulty electrical or other equipment, or any other hazardous condition with your employer.



Simply Speaking – a clean and orderly work area is a safe place to work. You are less likely to be injured and you are certainly less likely to cause injury to another.



Frayed insulation is a hazard. Beware of electrical tape!!





SANITATION

Working in a sanitary manner prevents illness. If needed, use a sanitizer such as bleach. Follow the instructions. Recommended mixture is ten parts of water to one part of bleach.

- Don't mix cleaning chemicals! There may be dangerous consequences.
- Keeping the kitchen clean is important in preventing food contamination
- Wash hands after handling blood, body wastes, chemicals and wearing gloves
- Soiled clothes need to be handled carefully with gloves until they can be washed
- Some laundry soaps may produce a rash on you or your employer. If you notice this, you may want to recommend a change in detergents/soap.
- Wash hands before food preparation or eating
- Make sure waste is disposed of properly.



TIPS ON WORKING WITH CHEMICALS

Don't make the solution any stronger than what is recommended

Mixing bleach with ammonia produces a dangerous gas.

Use in well ventilated area.

Washing Hands with soap and water is the best way to prevent illness.

Colds are mostly passed by person-to-person contact. Covering your mouth while sneezing and frequently washing your hands are the best way to prevent catching a cold.







Chapter 4-Lesson 2

Walking Surfaces Proper Lighting

Part A

Walking surfaces and how to make them safer



What you will learn in this Lesson?

- 1. What to be aware of regarding walking surfaces for your employer's safety.
- 2. What <u>must</u> be removed from walking surfaces to make sure they are safe.
- 3. Why lighting is so important.
- 4. The importance of proper lighting.

Part B

Proper lighting for safe work



Definitions

Observant To be aware of one's environment and things

in the environment

Proactive To fix something before it can become a

problem





Chapter 4 Lesson 2 Preview

- Walking surface conditions can cause slips, trips and falls.
 To protect you and your employer you can:
 - a. B and C
 - b. Wear shoes with good traction
 - c. Fix or remove torn and wrinkled carpets
 - d. Run don't walk
- 2. You must get your employer's permission:
 - a. To remove or fix a hazard
 - b. Throw away throw rugs because they are a hazard
 - c. Have wall to wall carpet installed and the bill sent to your employer
 - d. All of the above
- 3. Poor lighting may:
 - a. Lead to an accident
 - b. Cause medication errors
 - c. Make it harder to work
 - d. All of the above
- 4. It is essential that there are flashlights available in case of electrical outage.

TRUE FALSE





Chapter 4-Lesson 2 Walking Surfaces

Slips, trips and falls have many contributing causes. The type and condition of the walking surface is something you need to pay close attention to for your own safety. Things you can do to protect yourself include:

- Be observant. Look for sidewalk and entryway defects as you make your first visit to your employer's residence. Cracks, holes, slippery or uneven surfaces, and other surprises such as toys in the walkway, may greet you.
- Remove hazards. If appropriate remove hazards. If it's a hazard going in, it will be a hazard coming out. If you clear a path into the residence you will be helping to prevent an injury to yourself and others.
- Wear shoes with good traction. Leather soled shoes on wet or slick surfaces are an accident waiting to happen. Snow, ice and rain call for rubber soled or other traction shoes to keep you upright and improve your balance.

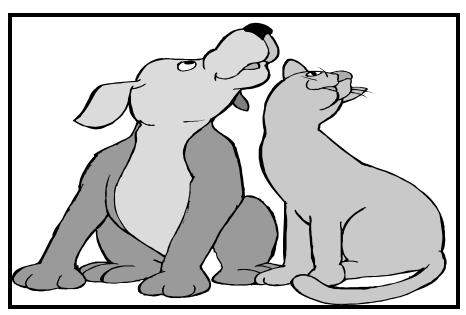
As you get familiar with your work area, be sure to look for slip, trip, and fall hazards as you did outside.

Look for:

- ✓ Walkway obstructions
- ✓ Torn and wrinkled carpets, door mats
- ✓ Rugs with curled up edges
- ✓ Throw rugs
- ✓ Pets



Plan your route to insure walkers and feet don't get tangled in carpets!



TO AVOID TRIPPING KNOW WHERE PETS ARE



PROPER LIGHTING

Many elders need bright lights to improve their depth perception so be aware that good lighting may be a safety issue with your employer. If you notice flashlights through out the house check all light sources to see if they need a bulb change.

Make sure that proper wattage is being used in lamps and overhead lighting fixtures. Often we find that a 100 watt bulb is placed in a lamp that stipulates 60 is the highest wattage to be used in the fixture.

With your employer's permission, remove or fix the hazard (if it can be fixed without your being involved in wiring problems), recommend it for repair, or at least make a mental note to watch out for it if it can't be removed.

Chapter 4 Lesson 3

Oxygen Safety Ladder Safety Fire Safety Chemical Safety Electrical Safety Firearms Safety

Part A

Ladder, oxygen and fire safety

Part B

Chemical, Electrical, and Firearms Safety



What you will learn in this Lesson?

- 1. The proper way to store and to move oxygen tanks
- 2. The proper use of a ladder and why you need to use one instead of boxes.
- 3. What fire safety is and what your responsibilities are.
- 4. What chemicals you need to be aware of in your employer's home.
- 5. How to take care of any chemicals that are in your employer's home
- 6. Proper electrical safety
- 7. Firearms safety for the home

Key Words

Definitions

Fire Response Knowing what and how to respond in an emergency in your employer's home

Chemicals A substance or compound

Chemical Hazard

Products with hazardous ingredients,
which are a possible source of danger,
potential for injury or harm



Chapter 4



Lesson 3 Preview

- 1. How far away from the oxygen source should ignition sources be?
 - a. Eight Feet
 - b. Three Feet
 - c. Twenty-five feet for cigarettes and 5 feet for open flame
- 2. To avoid injury when using a ladder:
 - a. Inspect for damage before using
 - b. Position on level ground
 - c. Do not stand on the top rung
 - d. All of the above
- 3. In the event of a fire, whom should you call?
 - a. The case worker
 - b. 9-1-1
 - c. Local police department
 - d. The neighbors to warn them
- 4. What is true about Chemicals?
 - a. They can be dangerous if you breathe them or get them on your skin
 - b. If you get chemicals on you, rinse with lots of water
 - c. Always wear gloves when using chemicals
 - d. All of the above
- 5. Reduce the possibility of electrical shock by:
 - a. Using a GFCI
 - b. Ensuring extension cords are not used as permanent wiring
 - c. Examining electrical cords to make sure they are not damaged or frayed
 - d. All of the above

Lesson 3 OXYGEN SAFETY

First, remember that oxygen is both a prescribed treatment and a hazardous chemical.

If your employer is using oxygen, there are several things you must be aware of for your safety and the safety of others

- 1. Open flames such as candles and cooking flames should be no closer than 5 feet.
- 2. Smokers should stay at least 25 feet away and preferably in another room.

The reason for the difference between open flames and cigarettes is that smokers may not be conscious of their cigarette and approach an oxygen source with a lit cigarette.

No petroleum products (like Vaseline) are to be used with oxygen. They tend to absorb oxygen, which can significantly increase the risk of fire.

Storage of Oxygen Tanks

Store oxygen tanks only in well-ventilated areas. Store oxygen cylinders on their side, in a storage rack, or chained to the wall. If a cylinder should fall, the pressure of escaping oxygen could create a projectile or a fire hazard.

All tanks evaporate a certain amount of oxygen into the surrounding air. A closed room will soon become oxygen rich and flammable. So keep the door open and the room ventilated. Breathing oxygen rich air is also a health hazard. Our body is designed to breathe oxygen at concentrations between 19.5 - 23.5 %. Higher or lower concentrations are not healthy.

Oxygen Concentrators

For oxygen concentrators, plug them directly into wall outlets. Do not use extension cords or power strips. The reason is that concentrators are very sensitive to power changes and may shut down as a result. Power strips, if overused, can easily overload a circuit. Extension cords, if too long, can result in voltage drop.

Tubing

The tubing tends to coil and twist resulting in a tripping hazard. Frequent attention to straightening the tubing and routing it so that tripping hazards are reduced is important.

Oxygen is a fire hazard - Oxygen combines with other chemicals to produce fire. Keep all sources of flame away from oxygen.

Ladder Safety



- Inspect the ladder
- Never use a metal ladder for electrical work
- Keep the ladder away from doorways and walkways
- Set the ladder on a solid, level surface

- Always face the ladder as you climb and descend it and use both hands.
- Never stand on the top step.
- Return the ladder to its proper storage place and readily available.

This is a ladder!



These are not ladders!!







FIRE SAFETY

Determine if your employer smokes. If so, are they taking any medicines that might make them drowsy or forgetful while smoking? You may need to be present while they smoke if they cannot smoke safely by themselves. Make sure an ashtray is handy.

Are there smoke detectors? If not, suggest they be obtained. Do the smoke detectors work? Test them a couple of times a year. A good time to check them is when daylight savings time begins and ends. Keep extra batteries on hand.

Check emergency exit options including windows. Are there steps or stairs? Is there stuff in the way? What is the fastest way to evacuate your employer? (See Emergency Action Plan at the end of this manual.)

Is there a fire extinguisher? Read the instructions and get training on how to use them. Ask your employer to have it serviced annually. The fire extinguishers should be easily located and identified in the Emergency Action Plan.

Make sure kitchen stove is off when not in use.

Does your employer have a fireplace? Make sure the damper is open before fires are lit.

Fireplace screens are essential and need to be kept in place. Ashes should be removed only when the fire has been out and the ashes are cool to the touch. After cleaning the fireplace take the ashes outside. Never store old ashes inside or in paper containers, always use a metal container. Do not store ashes next to a wooden building.

In the event of FIRE:

CALL 9-1-1

Assure your own safety

Assist your employer

Only attempt to put out fires if they are small and you can do so safely. If you choose to put out a small fire make sure there is an exit behind you. Houses can be replaced, but people can't. See more information on fire safety in the Emergency Action Plan section.

Never return inside a burning house to retrieve pets

Fires can occur unexpectedly.

Smoking is the most frequent cause of house fires



CHEMICAL SAFETY

Are drugs chemicals? You bet they are! Drugs are small powerful chemicals. Some chemicals can be dangerous if you get them on your skin or breathe them. Some might be accidentally eaten if you get the chemical on your hands and handle food or utensils.

You should be handling only those chemicals that you normally use at home. If you need to use something new, read the instructions. Use it safely. If you see the words "Danger" or "Caution" be very careful. Use gloves no matter what chemical you may be using.

Generally, if you get chemicals on you, wash or brush off powders, liquids, gels or pastes and then rinse with lots of water. If you get a chemical in your eye, wash your eye for 15 minutes with warm water. It will be hard to do but nothing done later by medics or doctors will be as important as that first washing.

Chapter 4- Lesson 3

DO NOT MIX CHEMICALS





Lesson 3

ELECTRICAL SAFETY

The easiest way to reduce the possibility of electrocution is to:

- Use Ground Fault Circuit Interrupter (GFCI) (see below)
- Cover panel boxes
- Make sure extension cords are not frayed
- Do not use extension cords to suspend lighting
- Make sure equipment is grounded.
- Not use extension cords as permanent wiring
- Mount and secure electrical receptacles

What is GFCI?

GFCI is a fast acting circuit breaker, which senses small imbalances in the circuit caused by current leakage to ground, and in a fraction of a second, shuts off the electricity. All bathrooms must have one of these receptacles.

Lesson 3 Weapons/Firearms SAFETY



Your employer may have firearms or other types of weapons for hunting or protection. If you are working with someone who carries a gun or keeps one too close for your comfort, you should discuss this with your employer. Talk to your employer about your concerns. Talk to your employer about something that will make you feel safe. Ask them to put the gun or weapon away while you are present.

Talk with your employer about using an inexpensive trigger lock, which will keep the gun from firing unless it is removed. (Some sheriff's departments provide safety locks for guns for free)

Never handle a weapon unless you know how to do so safely. When handling a weapon, make sure the <u>safety is on</u>. Never point a gun at someone. If you would like to learn more about guns most police departments have gun safety classes free of charge.

Some medications affect how one thinks. If this is the case, you need to see that guns are not available to a confused person. Enlist the help of family, case manager or other members of the care team to assist you.



Chapter 5

Outside Hazards

What is this chapter about?

The chapter will cover potential hazards to you outside your employer's home.

Lesson 1

Outside Hazards

Lesson 2

Animal Safety

Why is this important to you?

This chapter will help you:

- Know what to do if faced with outside dangers, and how to get help
- Learn what you can do to promote animal safety in your employer's home.



Definitions

Animal Control

An organization who will respond to calls of stray or hazardous animals in the neighborhood

Chapter 5

Lesson 1 and 2

Outside Hazards Animal Safety

Part A

Outside Hazards which could lead to injuries

Part B

Animal Safety
Assessment and other
animal issues in the
employer's home



What you will learn in this Lesson?

- 1. How to approach a pet on your initial visit to the employer's home.
- 2. Understanding that many dogs are protective and how to safe guard your self when dealing with an animal.

Key Words

Definitions

Potential Hazard

Possible source of danger, potential for injury or harm

Problem Solving

Process used to deal with difficult or complex situations





Chapter 5 Lesson 1 and 2 Preview

- 1. Outside hazards can include all but the following:
 - a. Dogs
 - b. Sunburn
 - c. Preparing food
 - d. Broken or uneven concrete
- 2. Weather can be a potentially dangerous situation if you are outdoors with your employer.

TRUE FALSE

- 3. What is a reasonable control for animal hazards?
 - a. Make sure they are controlled by leash, enclosed in a room, or fenced outside
 - b. Watch out for them
 - c. Tell your employer to watch out for them
- 4. Farm animals pose no threat to you as an individual provider.

TRUE FALSE

Chapter 5-Lesson 1

OUTSIDE HAZARDS

Not all potential hazards to your safety are inside your employer's residence. Be alert to outside hazards.

<u>Slip. Trip & Fall Hazards</u> can be anywhere and you should be watching for them. Hazards include outside stairs or steps in poor condition or cluttered; ice, snow or moisture on sidewalks or entryways; uneven or broken concrete walkways; and toys or other objects in your path of travel.

Animals can be a problem whether they are your employer's pet or just neighborhood animals. Some dogs are unpredictable. You should not assume they are friendly until you get to know them. Refrain from reaching out to pet them on your first meeting.

<u>Weather</u> is also unpredictable. If you will be outside with your employer, be sure to check the forecast ahead of time. Always carry foul weather clothing and an umbrella in your car.

<u>Sunburn</u> is easily prevented by applying sunscreen with a protection factor of thirty or higher. And don't forget your sunglasses and a hat. <u>NEVER</u> leave a person or a pet in a vehicle on warm, sunny days.







Chapter 5-Lesson 2 ANIMAL SAFETY

As part of your assessment for hazards in the home, consider household pets and other animals. Sources of injury from animals, especially pets may include bites, tripping, and allergic reactions.

Bites

Cats often let you know when they have had enough attention by biting or scratching.

Dogs may appear friendly but can also be very protective of their territory and owners. A dog that is tied up may aggressively protect their territory within the extent of the leash or rope. Even a friendly dog may bite.

Early on establish a relationship with a dog by letting them get to know you. If aggressive action continues, request that the dog be secured in a safe place prior to your visits.

Tripping

Cats like to rub against and walk between legs, which can present a serious tripping hazard on stairs and level surfaces. Dogs like to lie on the floor and can present a tripping hazard. Be aware of the location of these animals and, if necessary, remove them from the room for certain activities that may expose you or your employer to tripping. Toys can also be a hazardous. Keep them out of walkways if at all possible.

Allergic Reactions

You probably know if you have allergies to animals. Use allergy medication according to the instructions, as it can make you sleepy.

Exotic Pets

Find out if the home harbors other pets that may present a hazard and what precautions have been taken to insure your safety.

Other Animals

Farm animals (cows, pigs, horses, chickens) should be secured prior to your arrival. Any animal can become aggressive if it feels its territory is being infringed upon. Ensure they are controlled by fencing or stabled.



ANSWERS TO THE LESSON PREVIEW QUESTIONS

Chapter 1

Lesson 1

- 1. It is about you as a provider staying safe and avoiding injury
- 2. It will help you become aware of possible perils and help you prevent accidents and injury
- 3. You are responsible for your own safety and health.
- 4. You are the most important person in preventing accidents in your life.
- 5. a key

Lesson 2 and 3

- 1. Website, phone, email, classroom, newsletter
- 2. A committee that meets quarterly to discuss safety improvements and solutions to problems.
- 3. a Sedgwick representative and a union member
- 4. True
- 5. True
- 6. True

Lesson 4

- 1. True
- 2. Lift properly and safely, follow employer's care instructions. Keep access to
- 9-1-1, take time to do it right
- 3. False
- 4. False

Chapter 2

Lesson 1

- 1. A plan that specifies what you will do in an emergency
- 2. a. Food
 - b. Bottled Water
 - c. Radio
 - d. Flashlight
- 3. Earthquake; Tsunami
- 4. Hurricane; Tornado; Snow Storm; Flooding
- 5. Keep your employer safe
- 6. Fire; bomb; biological attack

Lesson 2 and 3

- 1. On the inside of the closest cabinet to the phone
- 2. 9-1-1 operator

Lesson 4

- 1. a compound that changes the composition of the body
- 2. To insure that all medications your employer is taking are available in an emergency
- 3. To insure that mistakes are not made if an emergency arises

Chapter 3

Lesson 1 and 2

- 1. d
- 2. Poor Back Usage
- 3. a. Keep good posture at all times
- b. Healthy diet
- c. Conditioning
- d. exercise
- 4. True
- 5. b

Lesson 3 and 4

- 1. a and b
- 2. False
- 3. C
- 4. Force,

Repetitive Motion, Awkard Position

Lesson 5 and 6

- 1. D
- 2. 3
- 3. falls, twisting suddenly, blow to the body, joint dislocation, rolling an ankle
- 4. True
- 5. Rest, Ice, Compression, Elevation
- 6. True
- 7. D

Lesson 7

- 1. D
- 2. E
- 3. False
- 4. A
- 5. Handwashing

Lesson 8 and 9

- 1. D
- 2. E
- 3. True
- 4. D
- 5. D

Chapter 4

Lesson 1

- 1. D
- 2. C
- 3. False
- 4. D
- 5. True
- 6. Wash Hands
- 7. True

Lesson 3

- 1. C
- 2. D
- 3. B
- 4. D
- 5. D

Chapter 5

Lesson 1 and 2

- 1. C
- 2. True
- 3. A
- 4. False

Lesson 2

- 1. A
- 2. D
- 3. D
- 4. True

Appendices

EMERGENCY ACTION PLAN FOR HOME CARE

(Employer and employee should develop this plan and post next to phone)

Employer Name: 1. EMERGENCIES- LIFE THREA	Date: ATENING – CALL 9-1-1 Tell them the number you are calling from
Home Address:	
Major Crossroad:	
Home Direction from Crossroad:	
2 FMFPCFNCIFS, NON, I IFF	THREATENING: List the following local numbers
Fire/Paramedics:	Physician:
Hospital:	Ambulance:
Police/Sheriff:	Poison Control:
Other:	
escape routes. In the event of a fire, §	get yourself and your employer out.
4. TEMPORARY RELOCATION	SITES: List alternative places to go when the home is unsafe.
Name:	Phone:
Address:	
Name:	Phone:
Address:	
5. SAFETY EQUIPMENT- The f	ire department may help you with installation information.
Fire Extinguishers:	Smoke Alarms:
6. OTHER EMERGENCY EQUI and other emergency equipment. Location:	IPMENT- Identify location of first aid kit, blankets, food and water, flashlights, radio

HAZARD ASSESSMENT CHECKSHEET

(Conduct this safety hazard assessment with your employer)

Emergency Action Plan in place
Adequate Protective Equipment
Outside walkways are well lit, cleared of debris/material
Inside floors are cleared of furniture, debris
Stairs have handrails and are well lit
Rug edges are non-frayed and tacked down
Throw rugs are removed or non skid mat in place
No exposed electrical wires
Extension cords are not frayed and do not pose a tripping hazard
Used needles are placed in sharps container or closed durable container
Sharp objects are padded (bed frames etc.)
Oxygen hoses are out of walkway
Medical equipment stored properly
No smoking or open flames with oxygen use
Liquids such as water, ice, snow, grease are cleaned up immediately
Materials are stored at proper height and safely
Proper lighting
Home is free of infestation and animal waste.
Animals are controlled.
Medications and chemicals are labeled and stored correctly
Fire Extinguishers are readily available and serviced
Smoke alarms are in working condition
Lifting and moving objects are kept to a minimum